

Hot and Cheesy Black Bean Nacho Dip

with Avocado

hellóchef

Busy and tired? What a great excuse for having crisps for dinner!

Cals 955 • Prot 36 • Carbs 94 • Fat 52

Vegetarian

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🕒 cook: 20 min

R3062

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cheesy beans	2 ppl	3 ppl	4 ppl	
Black beans	240	480	480	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	30	50	70	Grams
Smoked paprika powder	2	4	4	Grams
Fajita seasoning	5	10	10	Grams
Chipotle powder	2	2	4	Grams
Chopped tomatoes	400	400	800	Grams
Water	50	50	100	ML
Vegetable stock cube 15*	0.5	0.5	1	Piece
Black pepper	0.5	1	1	Tsp
Grated mozzarella 4*	60	90	120	Grams
Grated orange cheddar 4*	60	90	120	Grams
To serve				
Avocado	1	2	2	Piece
Lime	2	3	4	Piece
Fresh coriander	15	15	15	Grams
Nachos	120	160	200	Grams

Allergens

*15 Celery, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3997 / 955
Fat (g)	52.1
of which saturates (g)	19
Carbohydrate (g)	94
of which sugars (g)	15.2
Fiber (g)	24.9
Protein (g)	36.1
Salt (g)	3.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Drain and rinse the **black beans**. Peel and finely chop the **onion** and **garlic**.



2 Fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min until softened. Add the **garlic, tomato paste, smoked paprika, fajita seasoning, and chipotle (spicy!)** and cook for 1 min further.

Tip! Sensitive to spice? Go easy on the chipotle powder.



3 Simmer

Add the drained **black beans, chopped tomatoes, the measured water, crumbled [0.5/0.5/1] stock cube and black pepper**. Bring to a simmer and stew over a low heat for 10 min, stirring occasionally. Add a splash of water, if needed.



4 Prep toppings

Meanwhile, halve the **avocado** and remove its stone. Scoop the **avocado** out of its skin, using a spoon, then slice it. Slice the **lime** into wedges. Finely chop the **coriander** leaves.



5 Add cheese

Sprinkle the **bean stew** with the **grated mozzarella and cheddar**. Remove the pan from the heat and cover with a lid for 1-2 min until the **cheese** melts.



6 Serve

Divide the cheesy **beans** among plates and serve the **avocado, coriander, nachos** and the **lime** wedges alongside.